

**EXPOSURE TO COVID-19 CASE @ DR. MARTIN LEBOLDUS CATHOLIC HIGH SCHOOL – Sept 9– 10, 2021**

You have recently been in contact with someone who tested positive for COVID-19. This means that you are at risk of becoming infected with the virus.

COVID-19 is a communicable disease reportable under The Public Health Act, 1994. Persons infected with or exposed to COVID-19 must take all precautions as advised by Public Health and all reasonable measures to reduce significantly the risk of infecting others.

As per Disease Control Regulations, **you must:**

- i. **Self-Monitor until Sept 24, 2021 @ 1159 pm,**
- ii. **Self-Isolate if symptoms develop and seek testing for COVID-19 immediately.**
- iii. **If you are NOT fully immunized (2 doses) for COVID-19, seek testing for COVID-19.**
- iv. **Consider getting immunized for COVID-19 if you are eligible in order to protect yourself & others.**

If you are infected, it can be up to 14 days after being exposed to COVID-19 before you become ill, and it is important to **self-monitor** for any symptoms. Should you develop symptoms (fever, cough, headache, muscle and/or joint aches and pains, sore throat, chills, runny nose, nasal congestion, conjunctivitis, dizziness, fatigue, nausea/vomiting, diarrhea, loss of appetite (difficulty feeding for children), loss of sense of taste or smell, shortness of breath, difficulty breathing), seek testing immediately. Should you require medical attention, it is important to call ahead to your health care provider's office so arrangements can be made for you to be seen a way that reduces the chance of exposing other individuals.

**Self-isolate** means you need to stay home, avoid contact with anyone who is not fully vaccinated, and stay away from work, school, stores, social events and any other public setting.

Your assistance is very important to prevent spreading COVID-19, especially to individuals who are more susceptible to severe illness, such as those who have not been vaccinated or who are immunocompromised. We strongly recommend that everyone who is eligible gets both doses of a two-dose COVID-19 vaccine series. If you are eligible but not fully vaccinated, you are able to **get vaccinated** once you are no longer self-isolating.

COVID-19 is a communicable disease spread through the air (by coughing, sneezing, talking). Individuals who have not been vaccinated are at highest risk of developing infection. Symptoms of COVID-19 include fever, cough, headache, muscle and or joint aches and pains, sore throat, chills, runny nose, nasal congestion, conjunctivitis, dizziness, fatigue, nausea/vomiting, diarrhea, loss of appetite (difficulty feeding for children), loss of sense of taste or smell, shortness of breath or difficulty breathing. Some individuals infected with COVID-19 may not develop symptoms but can still be infectious. Further information can be found at <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Thank you for your cooperation during this period. We appreciate your assistance in preventing the possible spread of infection. Please feel free to call 811 as needed.

Sincerely,

Dr. Olanrewaju Medu, MBBS, FRCPC  
Medical Health Officer

***Healthy People, Healthy Saskatchewan***

The Saskatchewan Health Authority works in the spirit of truth and reconciliation,  
acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.